

Ferris ISD

High School Lunch Menu

May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	May - 1 Fajita Tacos Shred Cheese Spanish Rice Taco trims*** Refried Beans~~~ Peaches In Light Syrup pc salsa MILK - Variety Fruit Juice	May - 2 Chicken Nuggets!!! Whipped Potatoes~~~~ Country Gravy- !!! Black Eye Peas-*** Honey Wheat Roll Pears~~~ MILK - Variety Fruit Juice	May - 3 Spag.&Meat Sauce ~~ Celery & Carrot Sticks Mozzarella Cheese~~~ Garden Salad Oranges Bread Stick~~~ pc Ranch Dressing!!! MILK - Variety Fruit Juice	May - 4 Pulled Pork Sandwich Ranch Beans~~~ Garden Salad Applesauce pc Ranch Dressing!!! Fresh Onions MILK - Variety Fruit Juice
May - 7 Rib Patty Hoagie ww pc BBQ Sauce!!! Potato Puffs!!! Ketchup, pc~~~ Peas & Carrots*** Applesauce-*** MILK - Variety Fruit Juice	May - 8 Fajita Chicken Bowl*** Lettuce and Tomato*** Shred Cheese Refried Beans~~~ Spanish Rice Pears~~~ MILK - Variety Fruit Juice	May - 9 Salisbury Steak Brown Gravy Whipped Potatoes~~~~ Green Beans *** Honey Wheat Roll Fruit Cocktail~~~ MILK - Variety Fruit Juice	May - 10 Hot & Spicy Chicken P Sandwich Trims Ranch Beans~~~ Broccoli/ carrot sticks Apples Ketchup/Mayo/Mustard Ranch Dressing~~~ MILK - Variety Fruit Juice	May - 11 Pepperoni Pizza!!! Corn*** Broccoli *** Cheese Sauce Peaches In Light Syrup MILK - Variety Fruit Juice
May - 14 Mini Corn Dogs !!! Baked Beans~~~ Corn Cob 2 each Macaroni & Cheese Ketchup/Mustard Apples MILK - Variety Fruit Juice	May - 15 Beef Taco~~~ Shred Cheese Spanish Rice Taco trims*** Refried Beans~~~ Peaches In Light Syrup pc salsa MILK - Variety Fruit Juice	May - 16 Steak Fingers!!! 4 Whipped Potatoes~~~~ Country Gravy- !!! Carrot Coins*** Honey Wheat Roll Fruit Cocktail~~~ MILK - Variety Fruit Juice	May - 17 Sweet-N-Sour Chicken Green Peas Celery & Carrot Sticks Minh Egg Roll (cn)!!! Pineapple Tidbits In Natural Juice MILK - Variety Fruit Juice	May - 18 Chicken Tenders-!!! Corn Cob 2 each Carrot Coins*** Bread Sticks~~~ Strawberry cup*** MILK - Variety Fruit Juice
May - 21 Steak Sandwich Sweet Potato Fries Applesauce Sandwich Trims PICKLES,DILL!!! Ketchup/Mayo/Mustard MILK - Variety Fruit Juice	May - 22 Nachos with Beef~~~ Refried Beans~~~ Garden Salad Spanish Rice Pear In Light Syrup Salsa*** pc Ranch Dressing!!! MILK - Variety Fruit Juice	May - 23 Chicken Nuggets!!! Whipped Potatoes~~~~ Country Gravy- !!! Black Eye Peas-*** Honey Wheat Roll Peaches In Light Syrup MILK - Variety Fruit Juice	May - 24 Chicken Parmesan*** Mozzarella Cheese~~~ Bread Stick~~~ Garden Salad Green Beans *** Ranch Dressing~~~ Oranges pc Ranch Dressing!!! MILK - Variety Fruit Juice	May - 25 Pepperoni Calzone Marinara Sauce cups Garden Salad Corn Cob 2 each Sidekicks frozen juice MILK - Variety Fruit Juice
May - 28 --MEMORIAL DAY--	May - 29 Beef and Bean Burrito Cheese Sauce Spanish Rice Garden Salad Mexicali Corn*** Peaches In Light Syrup Salsa*** MILK - Variety Fruit Juice	May - 30 -Last Day of School- Pepperoni Pizza!!! Corn*** Broccoli *** Cheese Sauce Apples MILK - Variety Fruit Juice	May - 31 ~See You in August!~	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.
 * - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.